



PE/Health Virtual Learning

6th PE Catching

April 07, 2020



6th Grade PE/Health
Lesson: [April 7th 2020]

Learning Target:

I can perform basic hand/eye skills with the correct critical elements in a controlled setting (Throwing, catching, dribbling, etc.)

*Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

NASPE Standard (S1.M3.6)

Essential Question: How can I improve on catching?

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of burpees--[Burpee](#)
2. 10 second break
3. 20 seconds of mountain climbers--[Mountain Climbers](#)
4. 10 second break
5. 20 seconds of line jumps--[Line Jumps](#)
6. 10 second break
7. 20 seconds of flutter kicks--[Flutter Kicks](#)

Warm-Ups Continued

Cardiorespiratory Endurance-

Jog around neighborhood/track/park or in place for 10 minutes.

Practice:

Students are to practice catching.

Cues:

1. **Track**: Track the ball with your eyes all the way into your hands.
2. **Reach**: Reach arms towards ball.
3. **Give**: Give with ball as ball hits hands to make it a soft catch.
4. **Pinkies and Thumbs**: Pinkies together if ball is below waist. Thumbs together if ball is above waist.
5. **Quick Feet**: Move your feet quickly to get into position to catch the ball.

Practice

Once students comprehend catching cues, work on catching a ball in the air or with individuals.

- Practice catching for 15-20 minutes.

- Start off catching a short distance. Then increase the distance 5 feet for every 10 catches.

- Focus on the cues and try to catch the ball at a further distance.

- Practice catching different objects at different trajectory heights

Additional Practice

The link below has more ways to practice catching:

[Catching Practice](#)

Self assessment--

- Hands are extended out in front of the body
- Ball is caught with the hands above or below the waste (thumbs down in ball is above, thumbs out if ball is below)
- Student does not cushion the ball against their body
- Student can catch 90% or more of the balls thrown to them only using their hands